

REMEDIES AND RECIPES OF OUR PIONEERS

*The tables were loaded with good food to eat,
Yorkshire pudding, fruit pies, soda biscuits and meat;
When grandmother cooked for the threshers.
She arose with the sun, a song in her heart,
And I'm sure that the workmen were loath to depart;
When grandmother cooked for the threshers,*

'Tis said, "The way to a man's heart is through his stomach." If so, many a young girl won the heart of her "shining knight" with the delicious foods prepared by her hands in her mother's kitchen. Pies, cakes, puddings and many other good foods were prepared without the use of "store-bought" mixes. Girls in pioneer homes were taught to be good cooks and efficient homemakers.

Following are some favorite recipes used in Henefer homes 75 or 80 years ago:

Spotted Dog Pudding

1 sifter of flour — 1 cup sugar — $\frac{1}{2}$ cup suet (ground) — or $\frac{1}{2}$ square butter — 4 eggs — 1 pkg. seedless raisins — $\frac{1}{2}$ tsp. salt

Add enough milk to make a soft dough, about like fruit cake. Flour a rag. Place the dough in it and tie rag. Place in boiling water. Keep boiling for about 1 hour. Take a little water that dough has been boiled in to make your dip. To about 4 or 5 cups, add 1 cup sugar, 2 tablespoons butter, vanilla extract. Thicken with corn starch.

Apple Dumplings

Make a rich biscuit dough. Roll it out and cut in squares. Slice raw apples onto squares and roll dough around apples. Tie in rag and place in boiling water. Boil for about 1 hour. Serve with white sauce. Sugar and nutmeg may be added.